



## 2009 H1N1 Flu: Information for Pregnant Women

- Everyone should wash hands often, cover coughs and sneezes, avoid people who are sick, stay home when they are sick, and make a plan in case they need to stay home with a sick child.
- If you are pregnant, get both a regular flu shot and a 2009 H1N1 flu shot when they are available in your community. Pregnant women should get flu shots; they should not get the nasal spray flu vaccine.
- If you are pregnant, you are at high risk of serious flu complications.
- If you develop flu symptoms (including some or all of the following: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and tiredness), please call your health care provider or the nurse advice line at your health plan, clinic, or health department.
- Most people with flu symptoms do not require testing for 2009 H1N1 because the test results usually do not change how you are treated. For pregnant women, however, your health care provider may want to test for 2009 H1N1.
- For pregnant women, early treatment with antiviral medicine is important and can make a big difference. (Treatment within 2 days of when symptoms start is best.)

### Anyone with the following emergency warning signs needs urgent medical attention:

#### CHILDREN

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

#### ADULTS

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

